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8. The protein hydrolysate of claim 7, wherein the amino acids of said protein hydrolysate have a threonine content of not more than 4.8% by weight.

9. The protein hydrolysate of claim 8, wherein the amino acids of said protein hydrolysate have a threonine content in the range of from 3.9 to 4.8% by weight.

10. The protein hydrolysate of claim 1, further comprising a hydrolysate of soy protein.

11. The protein hydrolysate of claim 10, wherein the whey protein hydrolysate is substantially free of macrolipids.

12. The protein hydrolysate of claim 10, wherein the soy protein is cleared of phytate and phenolic compounds.

13. The protein hydrolysate of claim 10 having a lysine:arginine weight ratio of less than 2.

14. The protein hydrolysate of claim 13, wherein the lysine:arginine weight ratio is in the range of from 1.35 to 1.75.

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15. The protein hydrolysate of claim 14, wherein the lysine:arginine weight ratio is in the range of from 1.35 to 1.6.

16. The protein hydrolysate of claim 10, wherein the amino acids in said protein hydrolysate have a content of sulfur-containing amino acids of less than 3.5% by weight.

17. The protein hydrolysate of claim 16, wherein the content of sulfur-containing amino acids is less than 3% by weight.

18. The protein hydrolysate of claim 17, wherein the content of sulfur-containing amino acids is in the range of from 2.5 to 2.7% by weight.

19. A nutritional composition comprising the protein hydrolysate of claim 1.

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